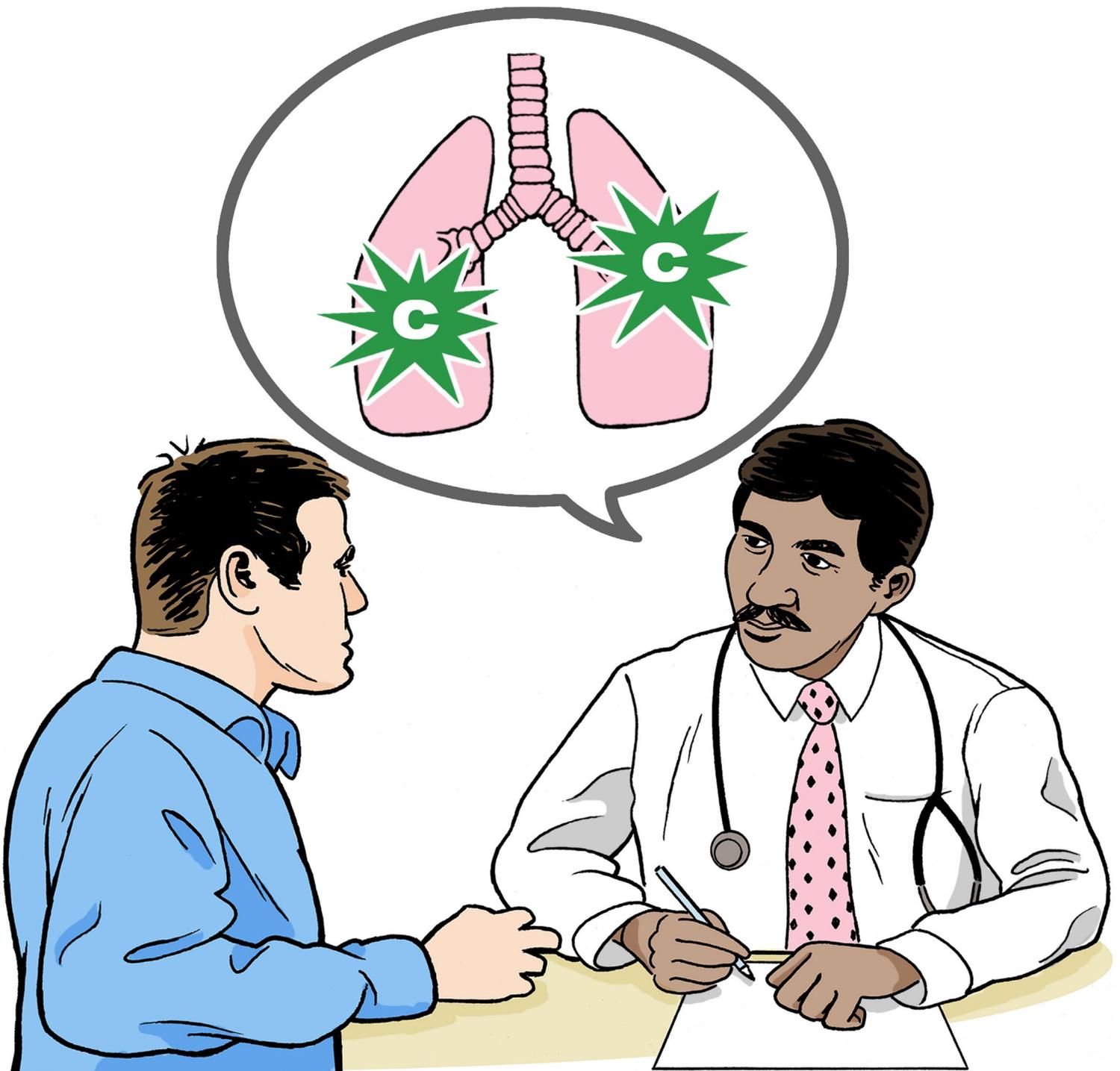


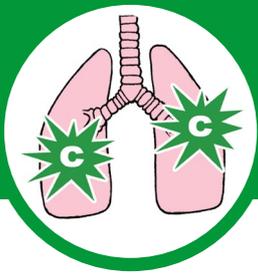
In partnership with

**MACMILLAN**  
CANCER SUPPORT

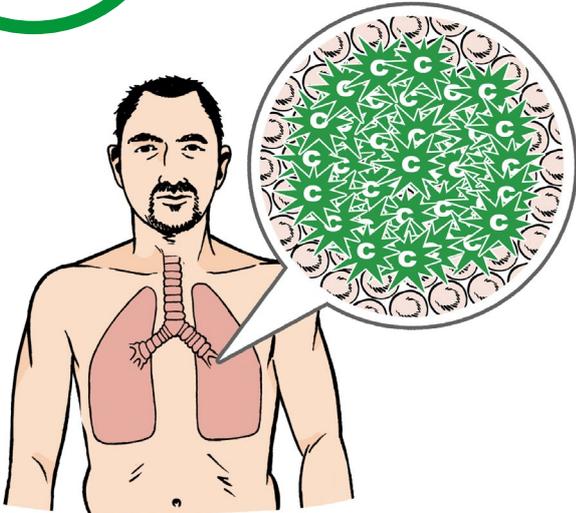
easy  
read

# Lung cancer

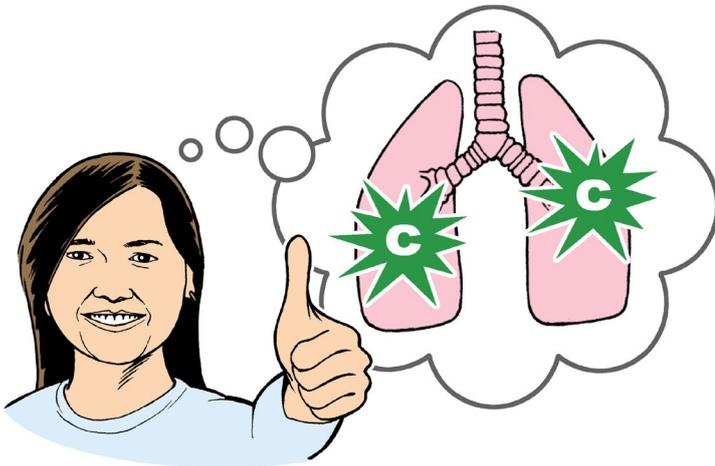




# About this easy read booklet



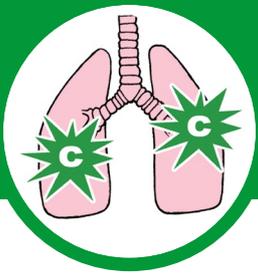
This booklet is about lung cancer.



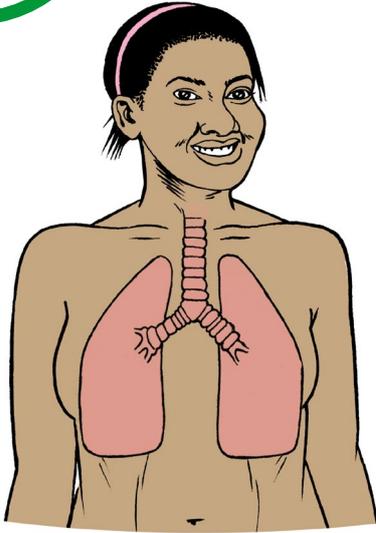
You can learn about what lung cancer is and how it is treated.



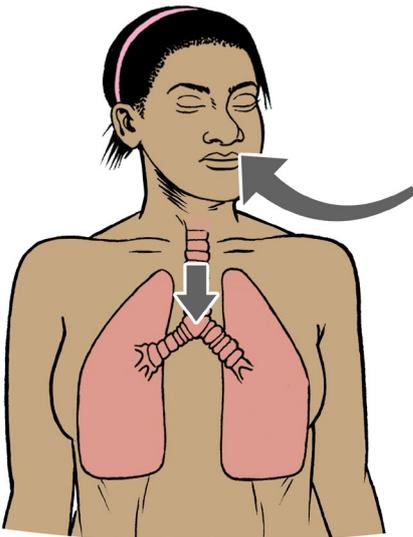
If you are worried about your health, you should talk to a doctor or nurse.



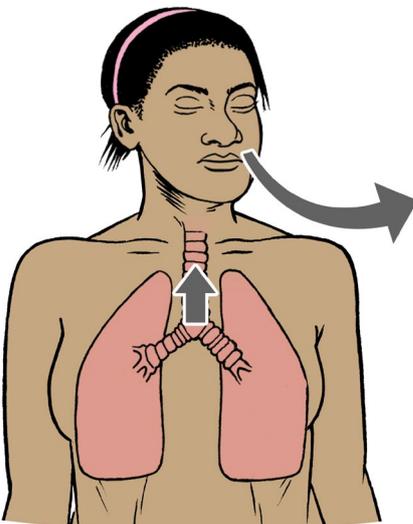
# The lungs



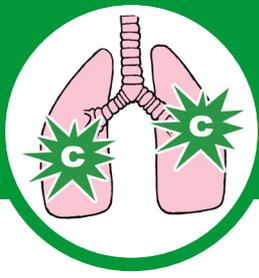
We have two lungs in our chest to help us breathe.



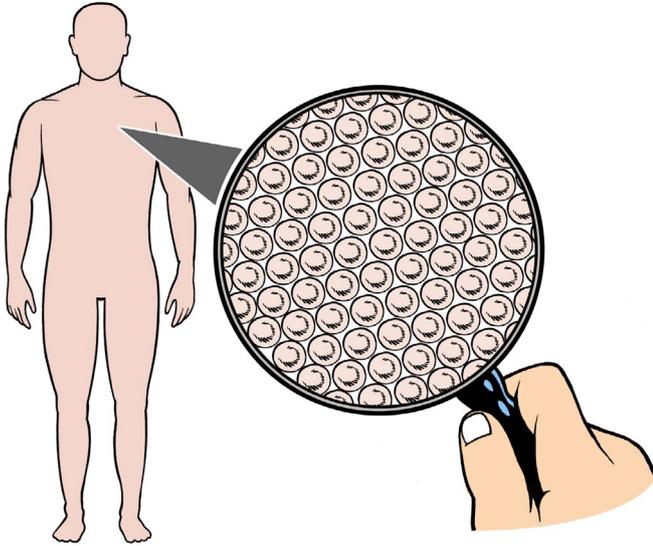
When we breathe in, air comes into our nose or mouth. Then it goes down our windpipe and into our lungs.



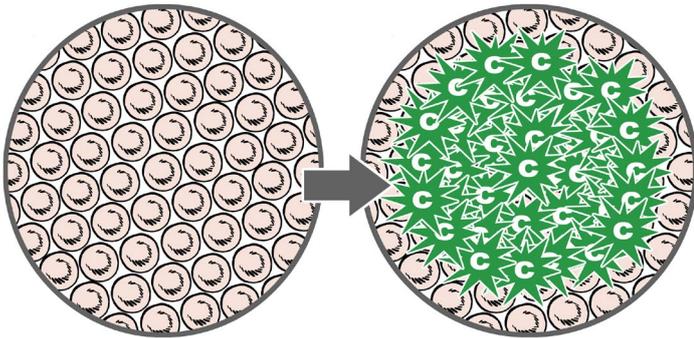
When we breathe out, air goes out of our lungs and up our windpipe. Then it comes out of our nose or mouth.



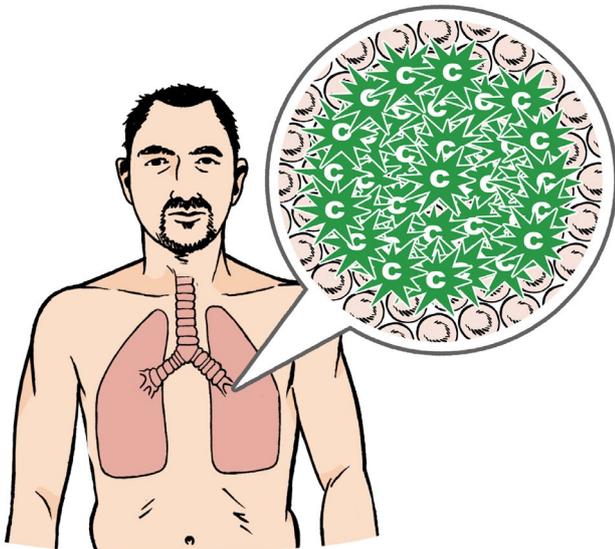
# Lung cancer



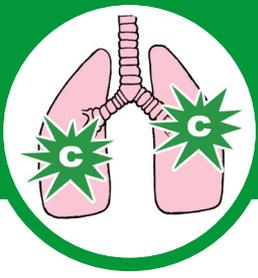
Your body is made up of lots of tiny pieces called **cells**.



Sometimes these cells go wrong. They can grow into a lump called a tumour.



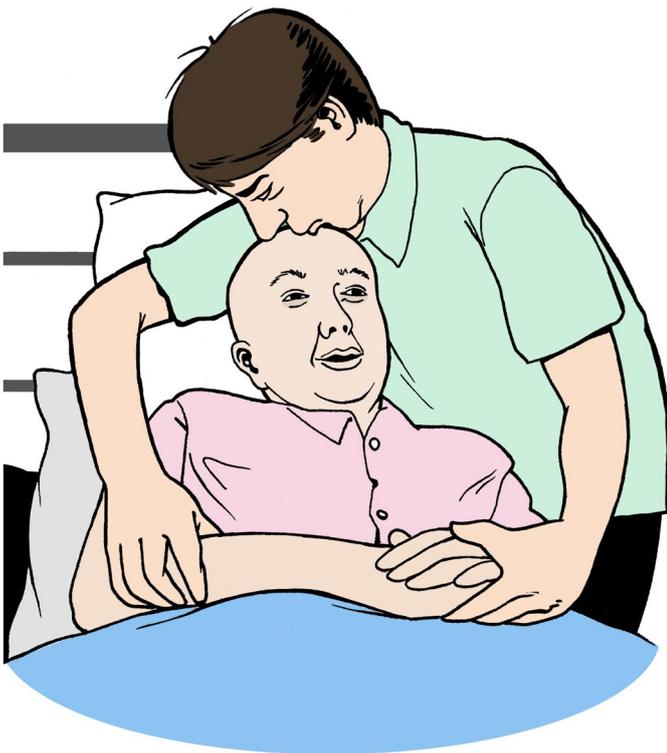
When you have a tumour in one of your lungs, this can be lung cancer.



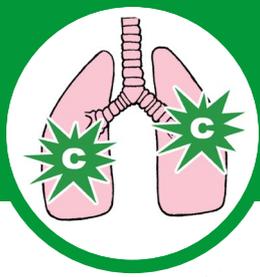
# Causes of lung cancer



Often lung cancer is caused by smoking. But a small number of people get lung cancer even though they have never smoked.



You cannot catch lung cancer from anyone else. And you cannot give it to anyone.



# Signs and symptoms of lung cancer



**Symptoms** are signs in your body that tell you something is wrong, like feeling tired all the time.



If you have lung cancer, you might:

- have a cough that does not go away



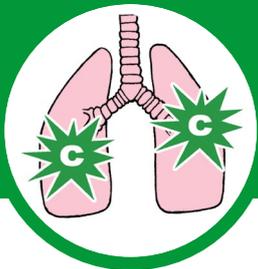
You may see some blood on your tissue when you cough



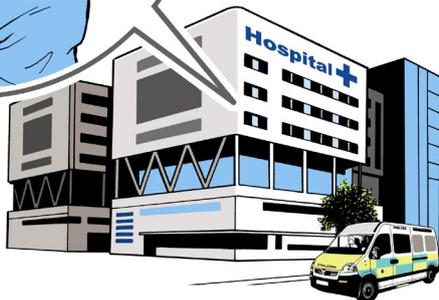
- find it harder to breathe



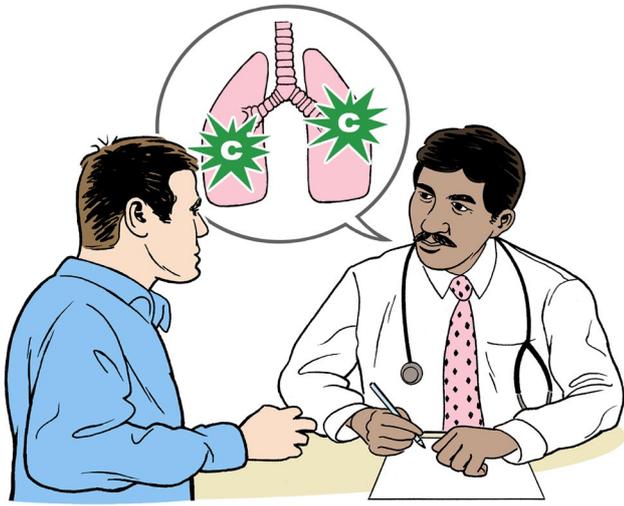
You might also feel ill in other ways, like feeling tired.



## Tests for lung cancer



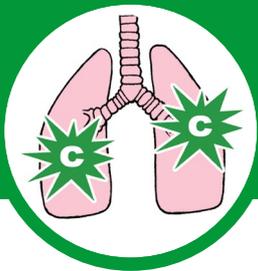
If you have these symptoms, you will go to a hospital. Then you will have some tests to find out if you have lung cancer.



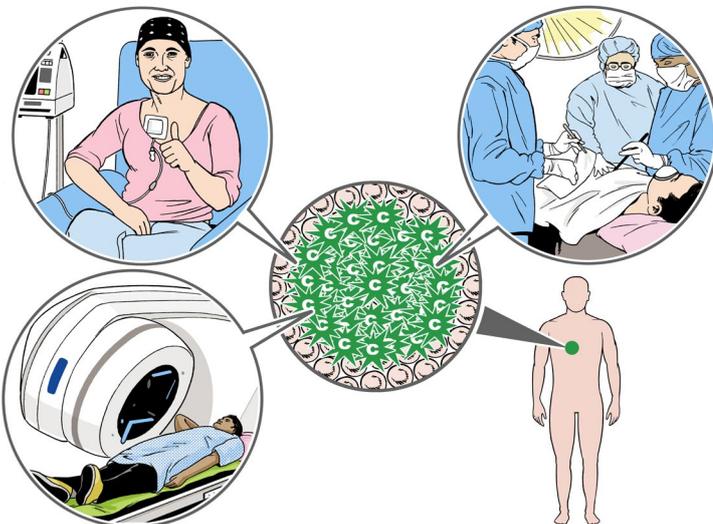
The tests will also help your doctor know more about the lung cancer.



You can learn more about these tests from other Macmillan booklets [see page 24].



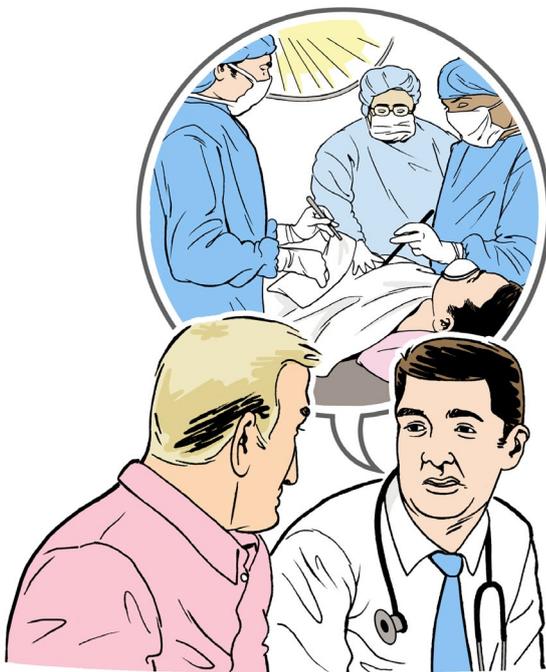
## Treatments for lung cancer



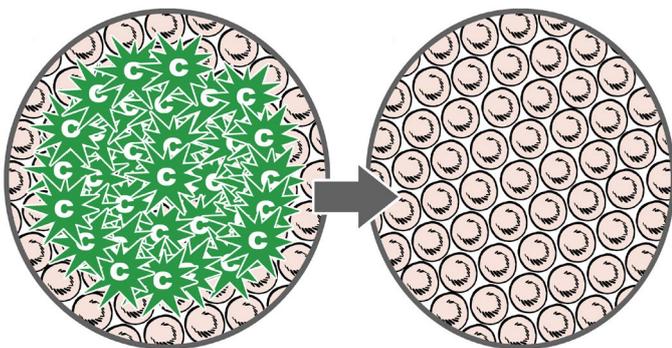
The tests will help your doctor choose the best treatment for the lung cancer.



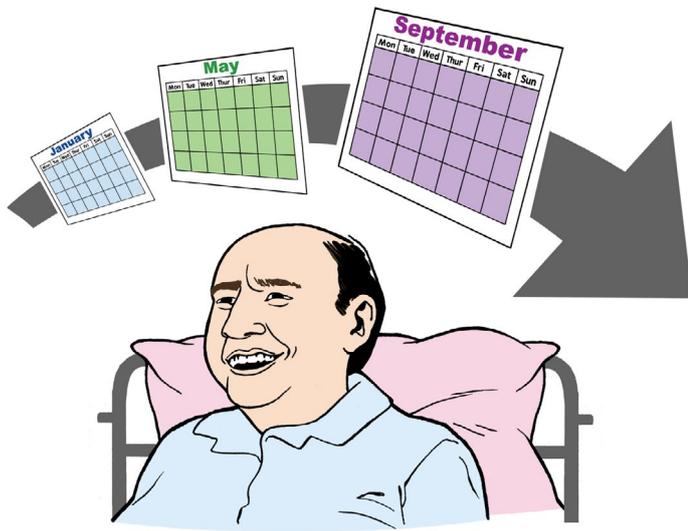
The doctor will tell you why they think this treatment is best.



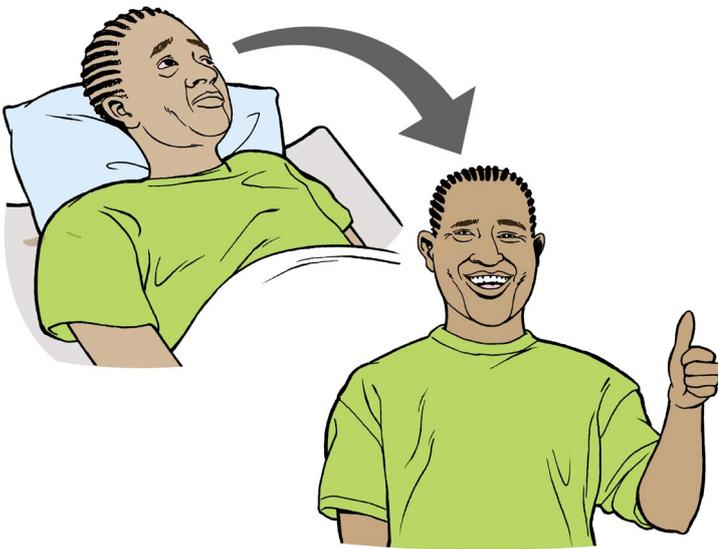
They will tell you what the treatment can do.



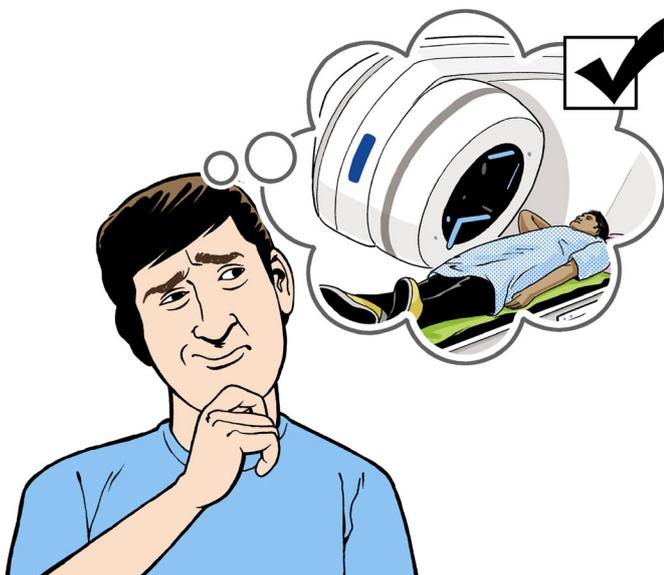
Sometimes treatment can get rid of the lung cancer.



Sometimes treatment will help you live longer.



Sometimes treatment will help you feel better.



Before you have treatment, your doctor must make sure:

- you understand why you are having the treatment



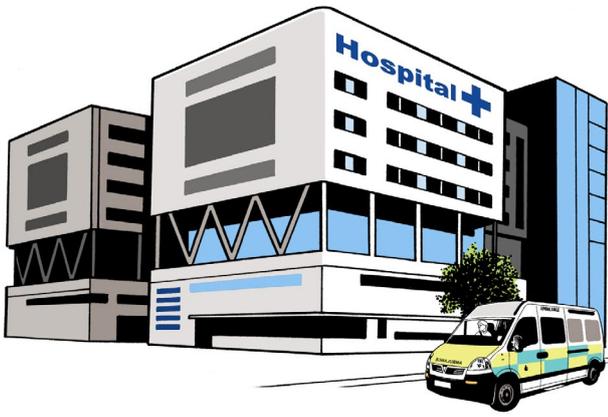
- you feel OK to have the treatment.



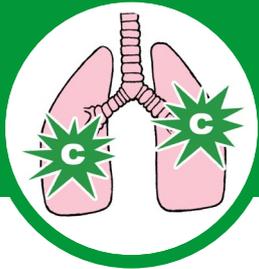
Your doctor or nurse can help you understand about your treatment. They can talk to you and answer your questions.



There are other treatments for lung cancer but the treatments that most people have are surgery, chemotherapy and radiotherapy.



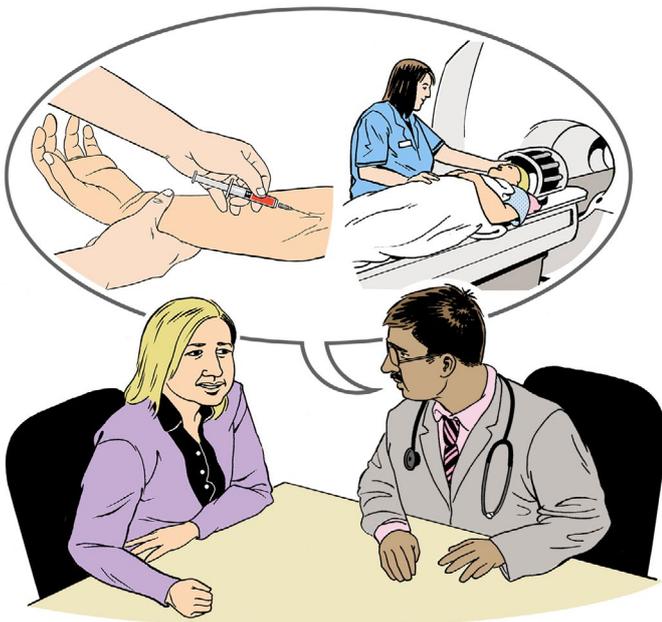
All these treatments are given in a hospital.



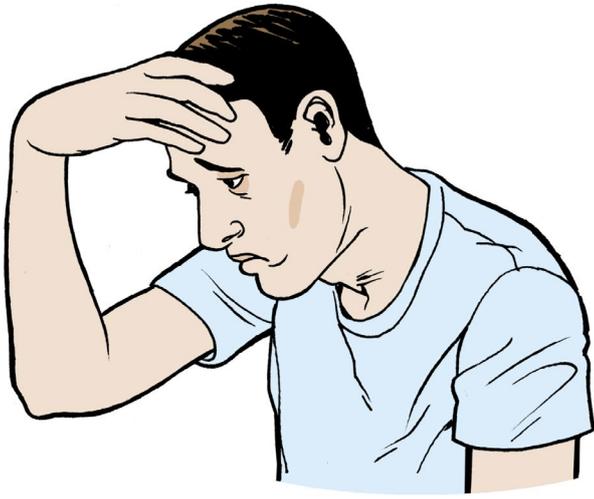
## Surgery



**Surgery** is when the lung cancer is cut out of your body. This is also called an **operation**. Surgery can be done if you only have a small area of lung cancer.

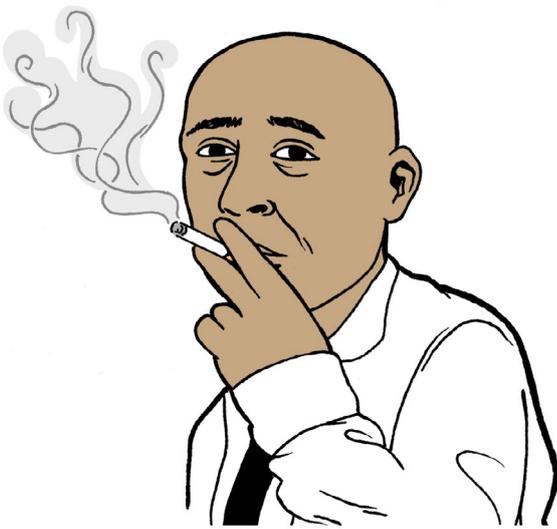


Before you have surgery you will have more tests. This is to make sure surgery is safe for you.

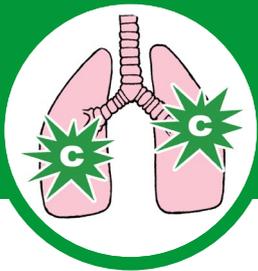


You might not be able to have surgery if you:

- have other health problems



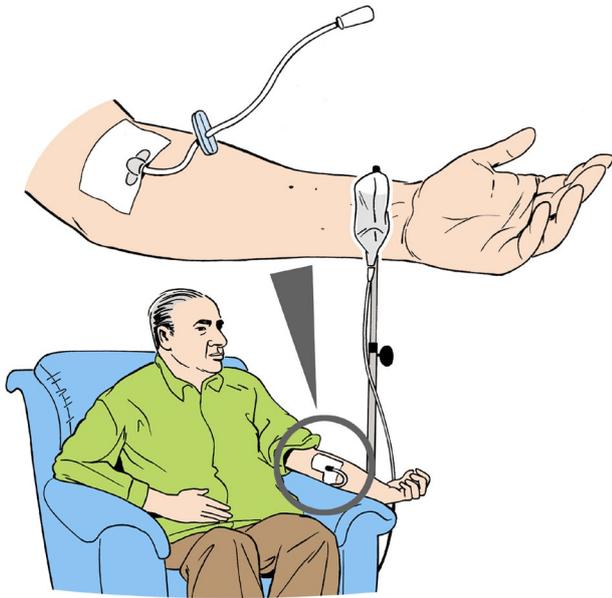
- smoke.



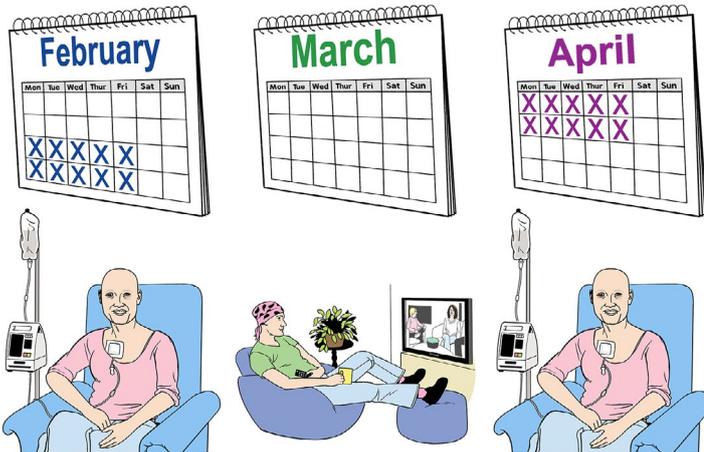
## Chemotherapy



**Chemotherapy** drugs are medicines used to destroy cancer cells.



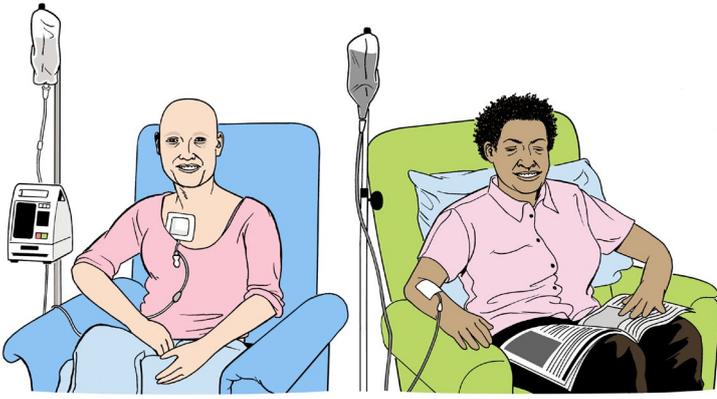
It is usually given into a vein using a drip or injection.



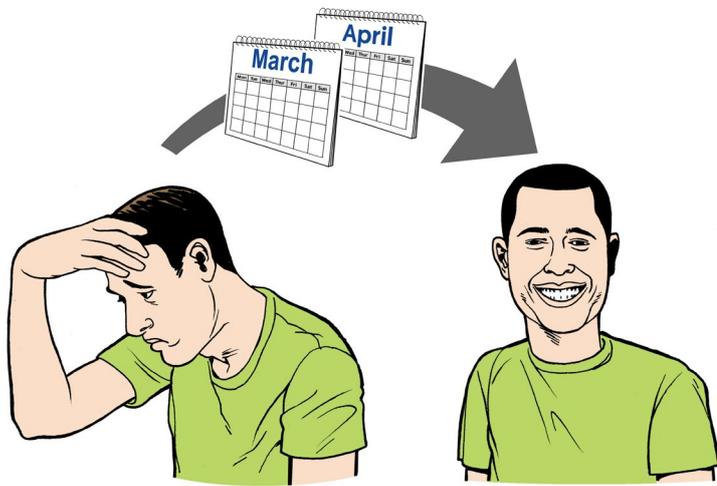
You will usually have more than one chemotherapy treatment with a break between the treatments.



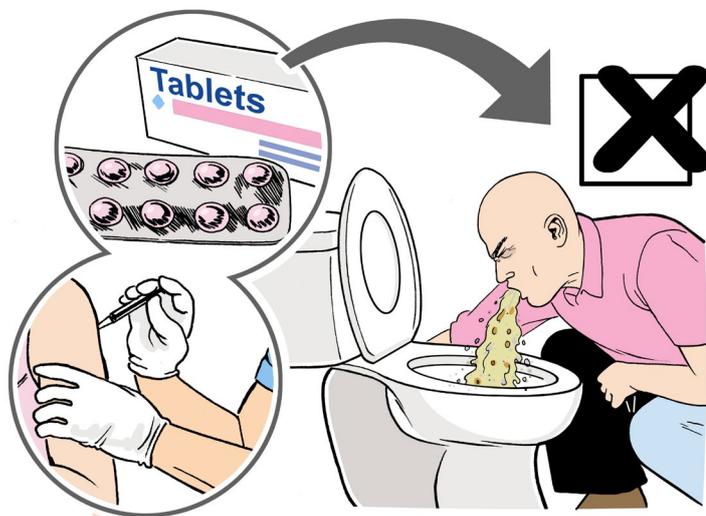
Some people feel ill when they have chemotherapy, like feeling sick. This is called a side effect.



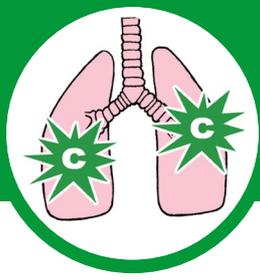
Different people may have different side effects.



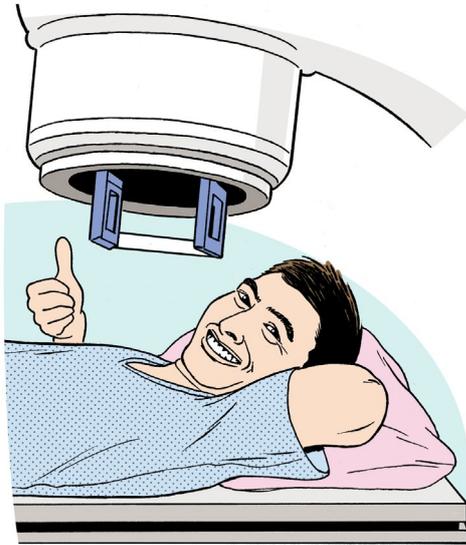
But any side effects will get better over time.



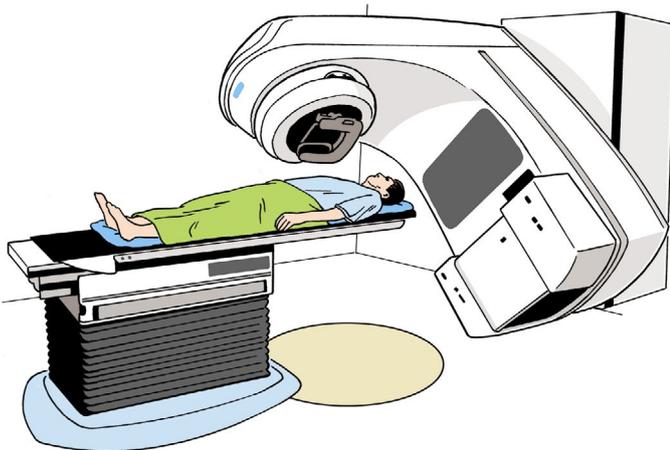
If you get side effects, your doctor can give you medicines to make you feel better.



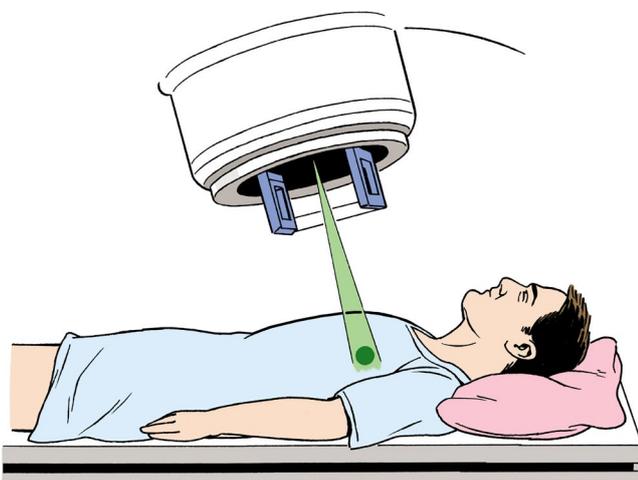
# Radiotherapy



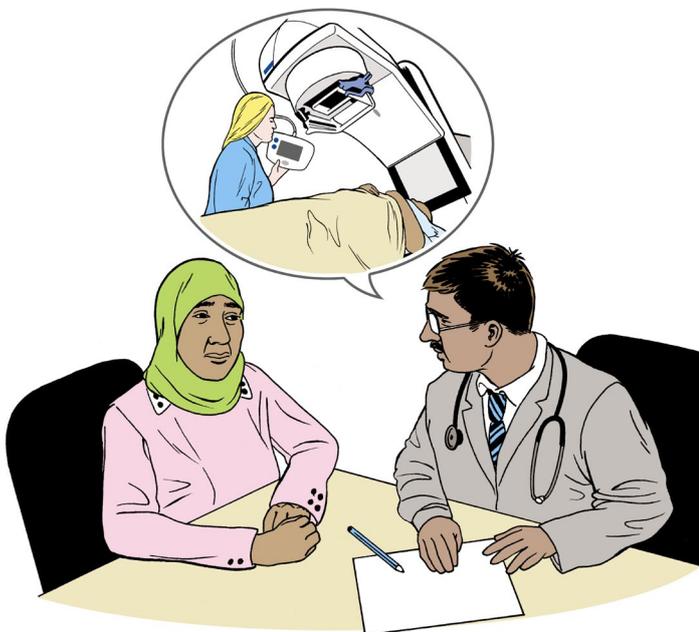
**Radiotherapy** uses strong x-rays to destroy cancer cells.



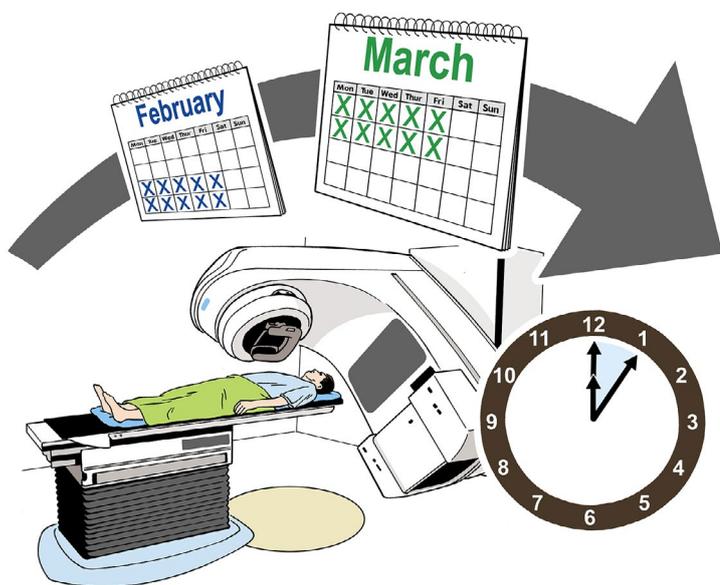
It is usually given by a machine outside the body.



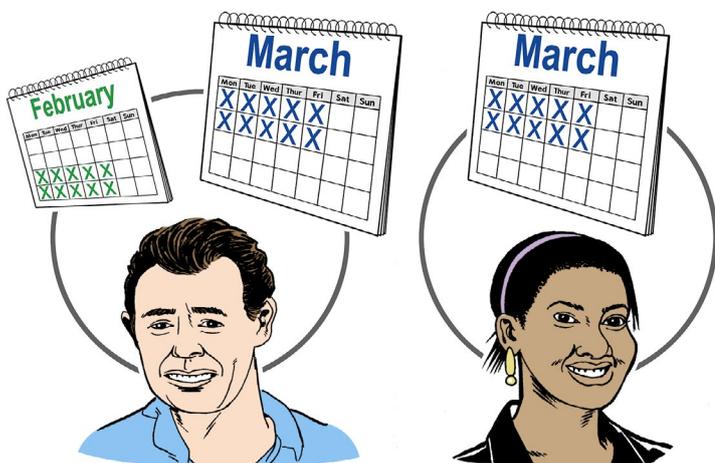
This sends x-rays to the lung cancer.



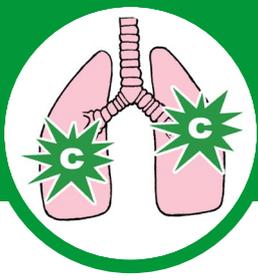
But there are other ways to have radiotherapy. Your doctor will tell you how you will have your radiotherapy.



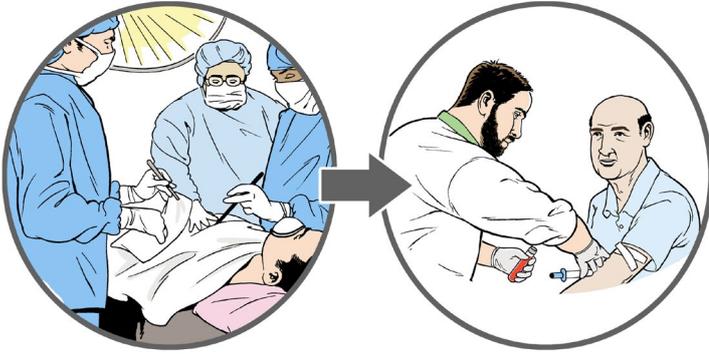
You will usually have a short treatment every day.



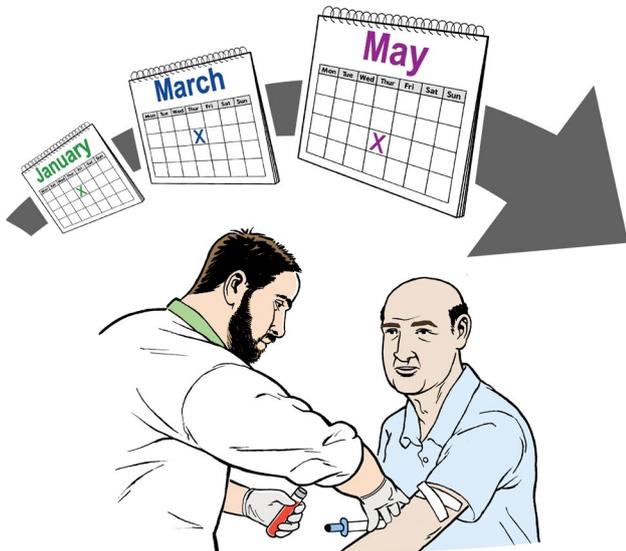
Your doctor will tell you how many treatments you will have. It is different for every person.



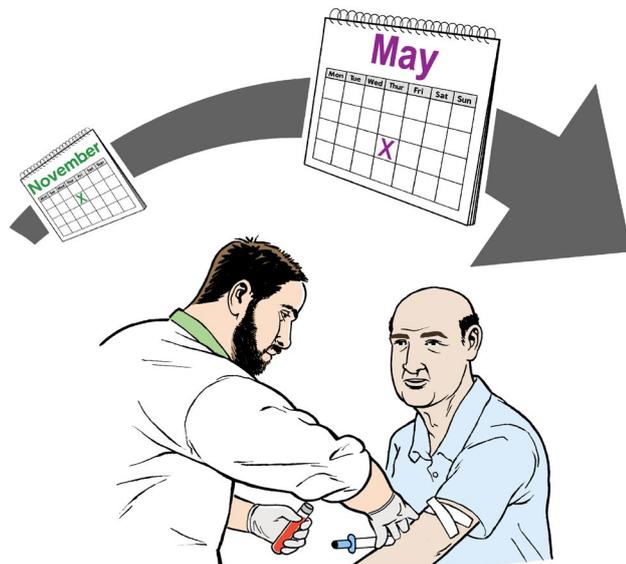
# After treatment



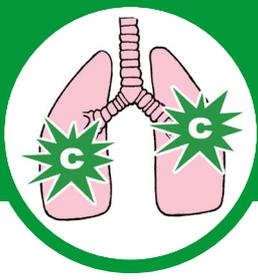
After your treatment has finished, you will have check-ups and tests.



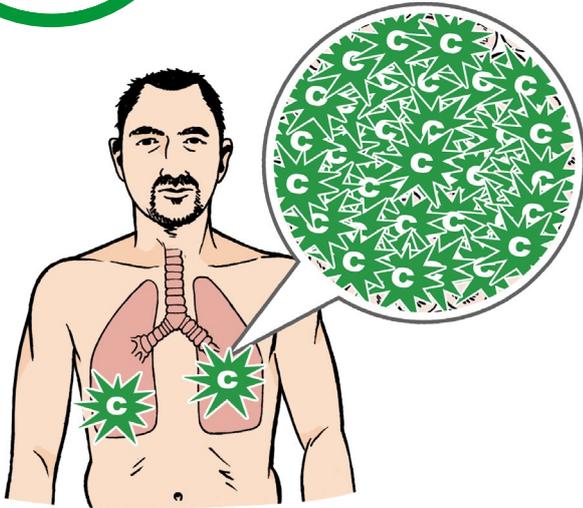
At first you will have check ups and tests often.



If the treatment has got rid of the cancer, you will have check-ups less often.



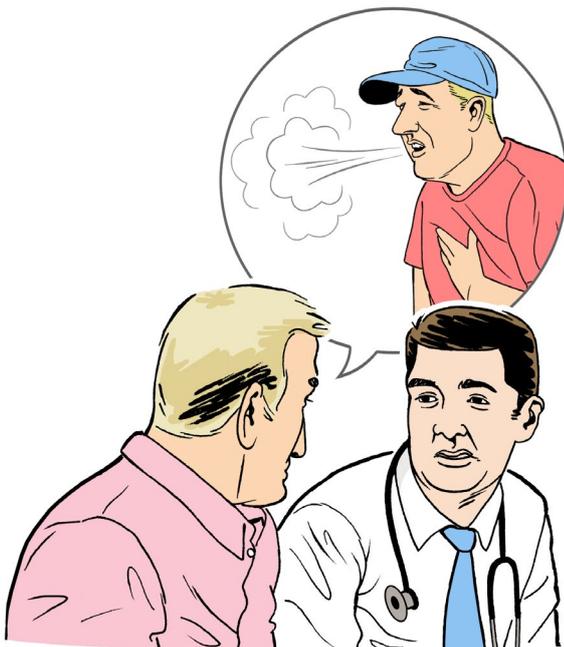
# Controlling symptoms



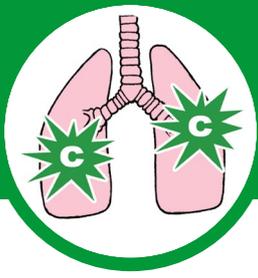
If you have a lot of lung cancer or it has spread somewhere else in your body, this is called advanced cancer.



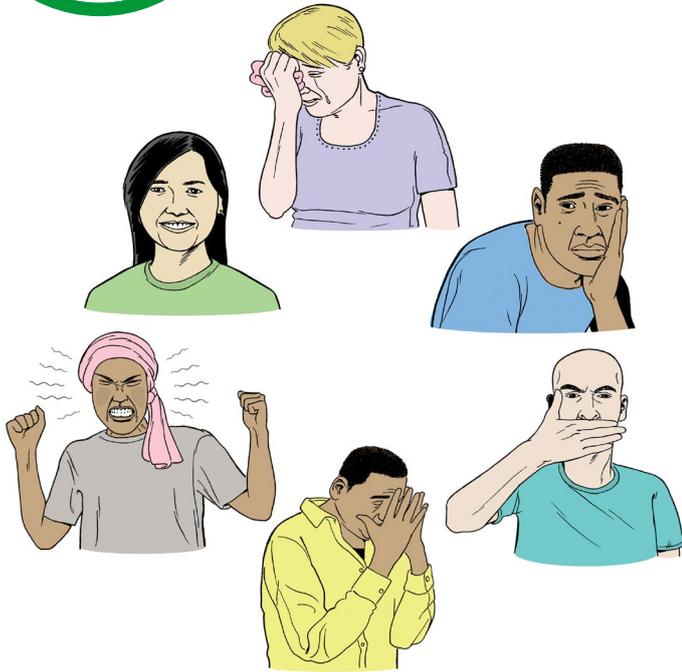
You will feel ill if you have advanced cancer. It might be harder to breathe. This is called a symptom.



Treatments will not get rid of advanced cancer. But they can make you feel better. Always tell your doctor if your symptoms do not get better. Your doctor can give you medicines to help make your symptoms better.



# Your feelings



You might have lots of feelings when you have lung cancer. It is normal to have different feelings.

You might feel:

- worried



- sad

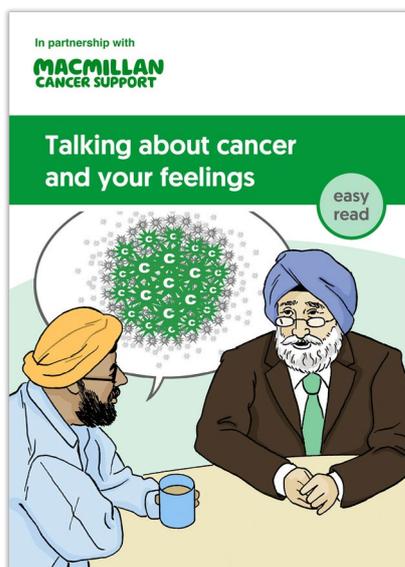




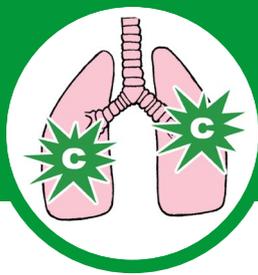
- angry.



It is important to talk to someone about how you feel. They can help you get the support you need.



Macmillan has a booklet called Talking about cancer and your feelings [see page 26]. This might help you to talk about your feelings.



# How Macmillan can help you

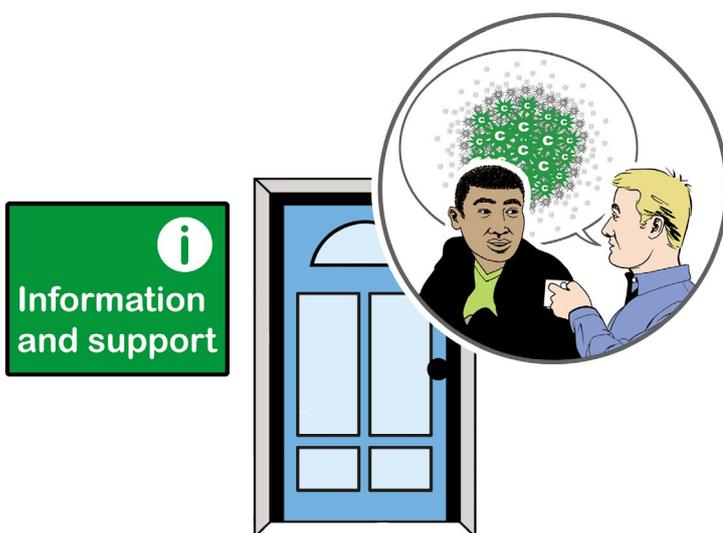


You can get support from:

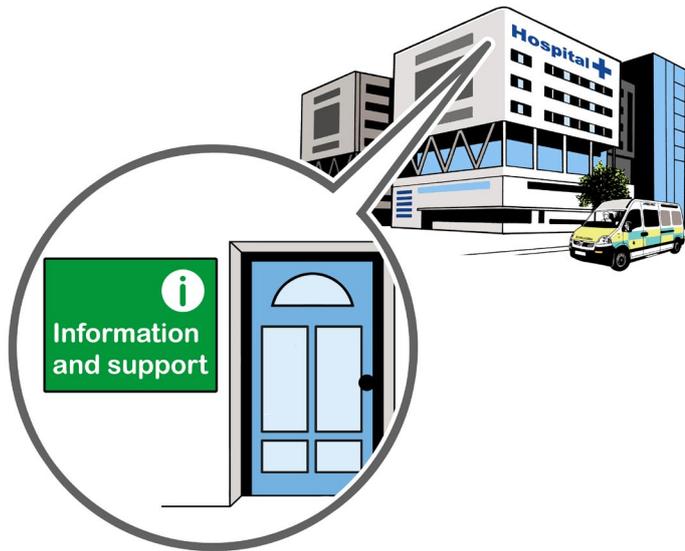
- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- The Macmillan website. Visit [macmillan.org.uk](http://macmillan.org.uk) for lots of information about cancer and living with cancer.



- Information centres. At an information centre, you can talk to a cancer support specialist and get written information.



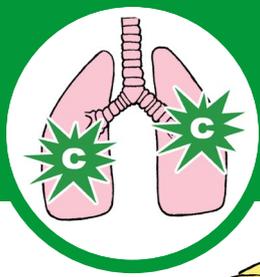
Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us. Your hospital might have a centre.



- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



# More easy read booklets



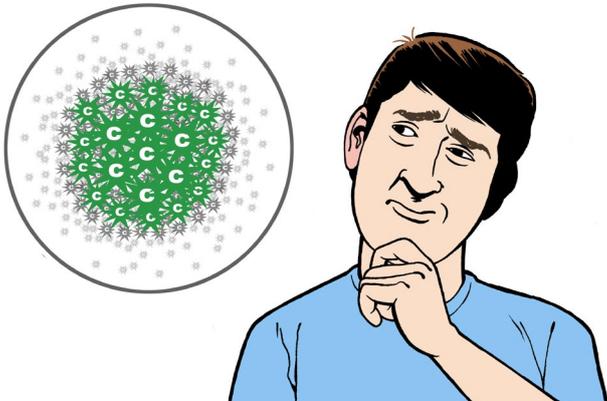
Order more easy read booklets from [macmillan.org.uk/easyread](http://macmillan.org.uk/easyread)

There are booklets on lots of topics:



## About Macmillan

- How Macmillan Cancer Support can help you



## About cancer

- Lung cancer
- What is cancer?



## Signs and symptoms

- Breast care for women
- Cervical screening
- How to check your balls [testicles]
- Screening for cancer
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer

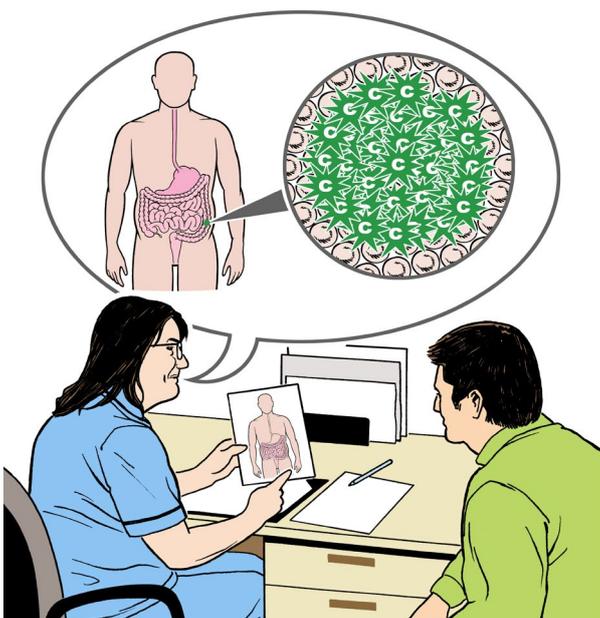
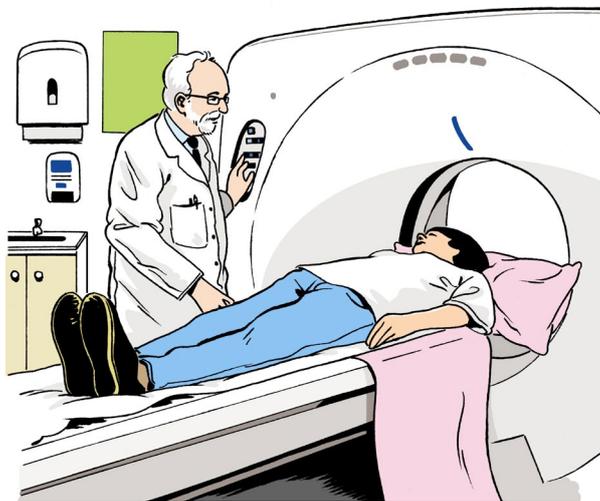


## Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safe sex
- Stop smoking

## Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



## Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



## Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



## Living with cancer

- 7 steps to equal healthcare
- After treatment for cancer
- Cancer and coronavirus
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- Talking about cancer and your feelings
- Things that are important to me
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer



## End of life

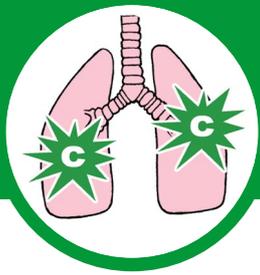
- Changes that can happen at the end of life
- Choosing where to die
- Getting ready to die
- If you are dying from cancer
- Making decisions about the future if you are dying
- Spirituality and religion at the end of life
- The end of life
- Thinking about your funeral
- Who can help if you are dying



## After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website [macmillan.org.uk/easyread](http://macmillan.org.uk/easyread) or call us on **0808 808 00 00**

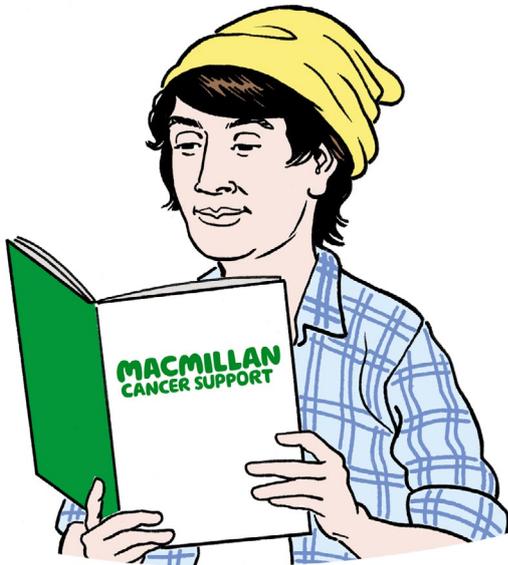


# More information and resources



## Macmillan website

There is lots of information about cancer at [macmillan.org.uk](http://macmillan.org.uk)



## Booklets about cancer

You can order booklets about cancer from [be.macmillan.org.uk](http://be.macmillan.org.uk)



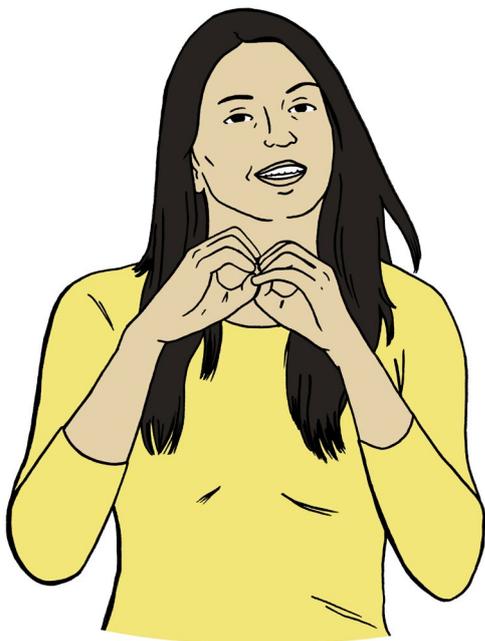
## Videos

You can watch videos about cancer at [macmillan.org.uk/videos](http://macmillan.org.uk/videos)



### Audio

You can listen to information about cancer and order CDs from [macmillan.org.uk/audio](https://www.macmillan.org.uk/audio)



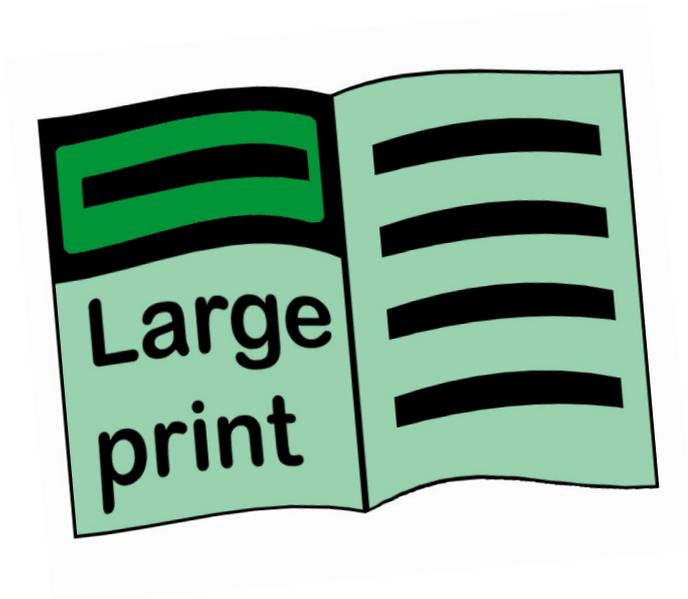
### British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://www.macmillan.org.uk/bsl)



### eBooks

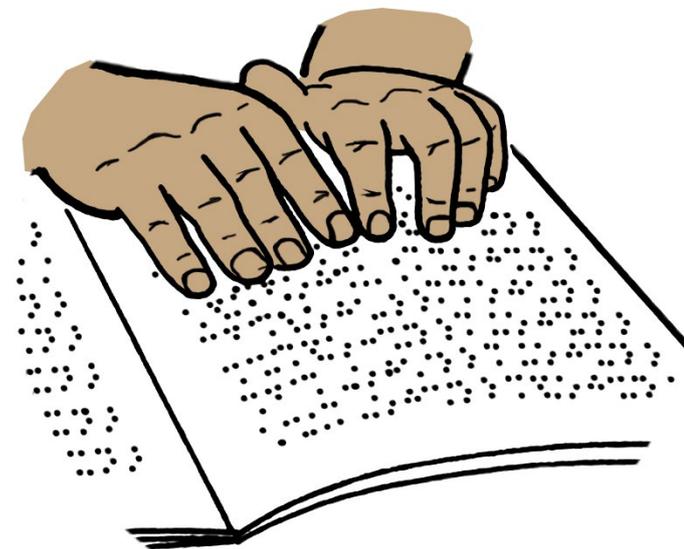
You can get eBooks about cancer from [be.macmillan.org.uk](https://www.be.macmillan.org.uk)



## Large print

Tell us if you need information in large print.

Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



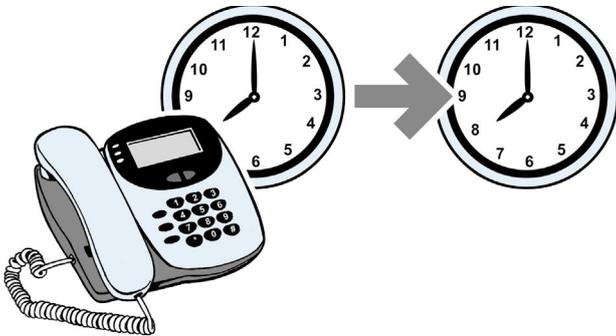
## Braille

Tell us if you need information in Braille.

Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)

This booklet is about cancer.

It is for anyone who has a learning disability or who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:  
**0808 808 00 00**  
7 days a week from 8am to 8pm.



- If you use a textphone, you can call the Macmillan Support Line using the Next Generation Text (NGT) service by dialling  
**18001 0808 808 00 00**



- Or go to the website  
**[macmillan.org.uk](http://macmillan.org.uk)**

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**MAC17499\_ER\_E02** Produced September 2021.

Next planned review September 2024.

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